



SEYCOVE SECONDARY at sáyəmətən

SCHOOL NEWSLETTER



March 6, 2026

Dear Seycove Families,

We are quickly approaching Spring Break and there is a noticeable shift in energy across the school. The days are getting longer, the light is returning, and there is palpable accomplishment, growth, and anticipation in our halls.

There is so much to celebrate at this time of year – and there is also space to reflect. Living and learning here in North Vancouver is something I think so many of us are deeply grateful for. We are especially fortunate to be part of a community surrounded by natural beauty, safety, and strong connections. As we head into the break, I encourage all of our students, staff, and community to carry that gratitude forward, and to continue showing care, empathy, and patience toward one another, as the world beyond our school can at times feel complex and unsettled. The way we treat one another here continues to shape the kind of community we want to be.

Spring Break offers a meaningful pause. For many families, this time may include travel, celebration, or connection with traditions such as Ramadan, Nowruz, Holi, or Easter in the weeks ahead. However you spend the break, we hope it provides space to rest, recharge, and reconnect. We look forward to welcoming students back rejuvenated and ready to finish the year strong in their learning.

Amongst so many things to celebrate, I want to congratulate our Grade 8 boys basketball team for heading off to the Provincials last week. This is a tremendous accomplishment and reflects their teamwork, resilience, and commitment. We are so proud of the way they represent Seycove both on and off the court.

Our music program also continues to shine. The recent performance at the school showcased incredible talent, preparation, and collaboration. The arts remain a powerful expression of creativity and connection at Seycove.

Tomorrow, we look forward to our annual Seycove FOS Auction. A huge thank you to our dedicated organizers and to our Family of Schools partners for their incredible support in bringing this amazing event together. It truly reflects the strength and generosity of our broader community.

Thank you as well to all students and families for completing course requests in MyEd and returning planning forms to the office. Your attention to these details helps us build a thoughtful and responsive timetable for next year.

A reminder that Learning Updates will be published to the Parent Portal on Tuesday, March 10. We encourage families to take time to review these updates together and celebrate progress while identifying next steps for growth.

As always, I am grateful to be part of this community. The care, respect, and inclusivity we continue to show one another make Seycove a place where we can all learn, belong, and thrive.

Wishing you all a restful and restorative Spring Break.

With care,

Meghan Downie
Principal
Seycove Secondary at sáyəmətən

SEYCOVE CALENDAR

Mar 7	Seycove FOS Auction & Dance
Mar 10	Learning Reports Published
Mar 10	PAC Meeting - Library @7pm
Mar 14-29	Spring Break - School Closed
Mar 30	School Re-Opens - 1-2-3-4
Apr 2	Choir Coffee House
Apr 3	Good Friday Stat Holiday - School Closed
Apr 5	Easter Sunday
Apr 6	Easter Monday Stat Holiday - School Closed





Updates & Reminders

Dates and Events of Significance in March

Below are dates our school community may recognize, observe or celebrate for the month of March.

- 8: International Women's Day
- 9-13: NVSD Education Week
- 17: St. Patrick's Day
- 19: Ramadan ends
- 19-22: Eid al-Fitr
- 20: Two-Spirit, Indigenous 2SLGBTQIA+ Celebration and Awareness Day
- 20: Spring Equinox
- 20: Nowruz
- 31: International Transgender Day of Visibility



Spring Forward - March 8



Move your clocks ahead for the last time here in BC.

The BC government has announced that after we "spring forward" on **March 8, 2026**, we will no longer change our clocks twice a year. Instead, the province will stay on the same time year-round.

[More information can be found here.](#)

B.C. officially ends time changes and adopts single time zone



Exploring Careers in the Arts Evening- March 9

Monday, March 9 | 6pm-7:30pm | Gordon Smith Gallery

This popular information night invites students and their families to explore the wide range of careers and career pathways available in the arts. A gallery-walk-about style event, this evening is sure to pique curiosity and spark interest! Engage with local businesses and explore post secondary opportunities.

- **Explore** diverse visual, music, dance and theatre career opportunities through a "gallery walkabout" event.
- **Engage** with local businesses and cultural icons like the Polygon, Vancouver Opera, Urban Ink and Emily Carr University of Art and Design
- **Speak** with post secondary exhibitors including La Salle, Cap U, SFU, and Vancouver Film School



Career Pathways 44
North Vancouver School District



Updates & Reminders

Student Driving and Parking At Seycove

As more of our Grade 11 and 12 students earn their N and begin driving independently, we want to reinforce the importance of safe driving - both at school and in the broader community. We ask families to continue having conversations with their students about the responsibility that comes with being behind the wheel.

At Seycove, **all student drivers are required to register their vehicle** information at the front office and have both the student and a parent or guardian sign the [Student Driver Policy Agreement](#) before parking on school property.

Printed copies are also available in the main office.

Our shared goal is to ensure the safety and well-being of all students and community members.

REMINDERS:

- Students must have a valid "N" class driver's license as well as display an "N" on their vehicle when driving on school property. No more than one passenger (other than a sibling) may be in the vehicle at any given time.
- Students must always operate their vehicle in a safe and appropriate manner in and around school grounds. This includes following the posted speed limit and obeying STOP and No Parking signage.
- Students **should** park their vehicles in the designated student parking lot which is the lower parking lot at the back of the school. **Only EV vehicles can be parked in the EV charging stalls.**



Purdy's Fundraiser for Grad 2026 - Order by Monday, March 16

Every purchase directly supports Grad Council initiatives, including the Renaissance Scholarships for graduating students, a legacy gift to Seycove, and a charitable donation chosen by the Class of 2026. Your order doesn't just satisfy a sweet tooth - it helps invest in student success, school pride, and giving back to the community.

Orders are due **Monday, March 16, 2026.**

Pick up on **March 31, 2026 (2:00-4:00pm)** - just in time for Easter!

Treat yourself, share with family, and support our grads. [ORDER HERE](#)



2026 Student Learning Survey

The Student Learning Survey (SLS) is for students in grade 4, 7, 10, 11, and 12, their parents, and staff. The SLS is the only source of province-wide information on student experiences in the school environment. Data obtained from the survey provides valuable insights and informs policies, programs, and decisions made at the district level and within our school.

We kindly ask and encourage parents of grade 10, 11, and 12 students to complete the [survey linked here](#) before May 1st.





Celebrations of Learning

Say Fromage!

The French 8 classes recently completed a cheese tasting project designed to help students explore an important part of French culture: its incredible variety of cheeses. During the activity, students learned how to observe and describe each cheese's color, texture, smell, taste, and category, using the vocabulary they've been practicing in class. This hands-on experience encouraged them to use their senses, expand their descriptive lan-



guage, and discover how diverse French cheeses can be. The project ended with each student writing their personal reactions of the cheeses they tried. - Mme. Herrera Dominguez





Celebrations of Learning

Mangeons Mardi - Global Francophone Culinary Projects

The *Mangeons Mardi* project challenged students to choose a Francophone region, research its culinary heritage, and prepare a dish that represents its local culture.





Celebrations of Learning

French 12 - Intercultural Fusion Food Project

French 12 students explored identity, creativity, and global citizenship through an Intercultural Fusion Food Project (Rencontre interculturelle), a culinary challenge designed to celebrate the cultural diversity in our class.

In small groups, students were asked to look at the cultures that shape who they are, sometimes two, sometimes three, and create an original dish that blends their cultural backgrounds (German, English, Canadian, Latvian, Swiss, Italian, Chinese) into a single, harmonious recipe.





Celebrations of Learning

Visual Arts 9/10 - The Art of Light and Shadow

In February, Visual Arts 9/10 students worked on a final Pastel and Charcoal Still Life project where they practiced observational drawing. Students created either one large still life drawing or a series of smaller drawings using pastel or charcoal, focusing on composition, light, shadow, and texture while working from their own reference photos. Their finished artworks are now on display outside the office, showing the strong effort and attention to detail students put into the project this term. - Ms. Gruys





Celebrations of Learning

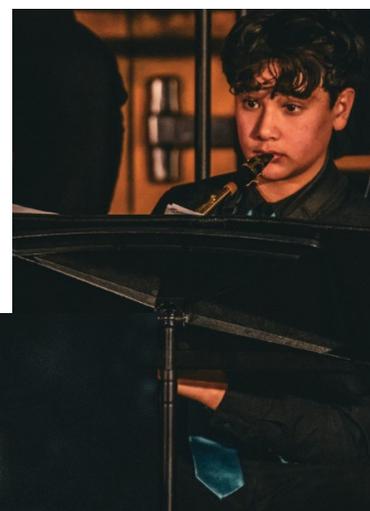
Feb Blues Hits All the Right Notes!

Our February Blues concert was a fantastic evening of jazz and talent!

Mr. Najjar masterfully led a group of 28 performers — each with their own individual microphone, which in itself was an impressive feat. All of the jazz ensembles sounded incredible, and the audience response was overwhelmingly positive. We were also thrilled to welcome Carson Vocal Jazz, who joined us for a few special numbers.

Congratulations to all our musicians along with their talented teachers, Mr. Madill & Mr. Najjar.

If you loved the concert — or missed out on an evening of smooth jazz — mark your calendar for **Cabaret in the Cove on Saturday, June 6**. You won't want to miss it!



Photos: A Gismondi



Student Spotlight

Desert Dash: Seyhawk Cyclists Take the Heat

Grade 12 student Keaton Schisler recently returned from Arizona after a 12 day cycling trip racing with Team BC. Keaton was joined by a dozen cyclists from across the province, including fellow Seycove Grade 12 student Andrew Lawson.

Keaton shares that the team spent their first five days in Phoenix competing in the Valley of the Sun Stage Race, which included a time trial, a road race, and a criterium. With over 120 junior riders in the field, many of whom are among the top cyclists in the United States, the competition was intense. The event also served as a qualifier for the American team heading to Worlds, making it an incredible opportunity to race at a very high level. The team completed all three races over three demanding days.



After Phoenix, the team travelled to Tucson for the Tucson Bicycle Classic. Competing against 60 riders in his category, Keaton delivered an outstanding performance, winning three of the four races and placing second in the fourth, earning the overall title.

Fellow Grade 12 student Andrew Lawson was also part of the Team BC group competing in Arizona. Andrew rides in the Cat 2/3 group and shared that one of the things he enjoys most about racing is competing in large fields alongside other riders.

"I really enjoy racing around others because I get to use my skills, and a little bit of power, to race against my peers. I've been racing for 10 years, and I'd like to think I've developed a bit of a knack for race sense." It's so great to hear how much Andrew has evolved with his racing over the years.

True to form, Keaton describes the trip as an incredible opportunity to race in warm weather and compete in large, highly competitive fields. His humility stands out as much as his results.

Keaton's dedication, perseverance, and commitment to continuous growth reflect the very best of our Seycove values. His leadership in representing both his province and our school community speaks to community and respect. His discipline and sportsmanship embody integrity and stewardship. Most importantly, his willingness to challenge himself at a higher level shows the kind of courage and drive we hope to nurture in all of our Seyhawks.



We are incredibly proud of Keaton and Andrew. Their training translated into outstanding performances, and just as importantly, they gained valuable experience and life lessons along the way.



Shelf Life

International Women's Day: Featured Collection from the Seycove Library

This month, our library display is celebrating International Women's Day, a global moment to recognize the achievements, courage, and impact of women past and present. From memoir to science to social critique, these books highlight women who have challenged systems, expanded knowledge, and reshaped conversations in powerful ways. Whether you're looking for leadership inspiration, political awareness, or a story of personal growth, there's a book here that might change the way you see the world.

Dare to Lead – Brené Brown

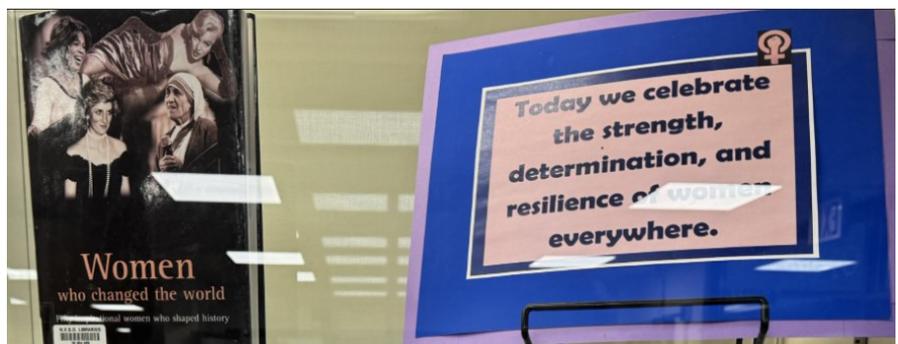
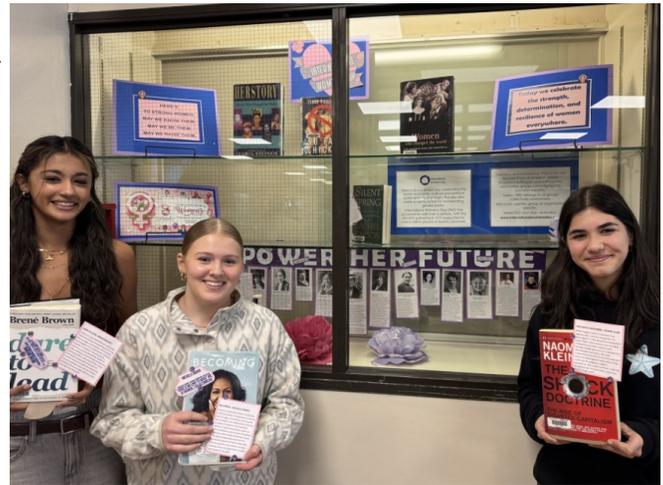
What if vulnerability was the key to great leadership? In *Dare to Lead*, Brené Brown challenges traditional power structures and offers research-backed insight into leading with courage, empathy, and integrity — an empowering read for anyone ready to step forward with confidence.

The Shock Doctrine – Naomi Klein

Investigative and eye-opening, *The Shock Doctrine* explores how global crises have been used to push through sweeping economic changes. Naomi Klein reveals how these shifts often deepen inequality — with women and families frequently disproportionately affected — urging readers to stay informed and engaged.

Silent Spring – Rachel Carson

When Rachel Carson published *Silent Spring*, she challenged powerful industries and helped ignite the modern environmental movement. Her scientific voice and moral clarity remain a powerful example of how one woman's research and courage can create lasting global change.





Post Secondary & Careers

Career Exploration - RCMP Host Students for a Policing Workshop

Four of our students recently had the unique opportunity to attend a special policing workshop hosted by the North Vancouver RCMP. They joined 24 students from across the district for an immersive, hands-on day that offered a behind-the-scenes look at modern policing.

The experience centered around a staged armed robbery that unfolded in real time. Students witnessed the incident and then followed every step of the investigative process. After the "victim" called 911, students heard from a dispatcher about her critical role in directing officers to the scene. Responding general duty officers explained how they secure a crime scene, collect evidence, gather witness statements, and review CCTV footage.

BCEHS paramedics arrived to treat the injured victim, sharing what their day can look like when responding to emergencies connected to crime scenes. Students also met a member of Police Dog Services and her energetic K9 partner, Laser, who demonstrated how dogs assist in tracking suspects. Forensics officers then stepped in, showing students how fingerprints are lifted from evidence such as a ransom note and compared to prints in criminal databases.



In the afternoon, students suited up in police vests and worked in teams to solve realistic scenarios acted out by school district staff. This hands-on component gave them a true appreciation for the teamwork, communication, and critical thinking required in policing.

Overall, students described the day as eye-opening, gaining insight into the many specialized roles and agencies that work together to solve crimes. The workshop sparked meaningful career exploration and highlighted the wide range of opportunities within policing and emergency services.

A big thank you to Cst. Towne and Cpl. Arreaga of the NVRCMP for coordinating such an engaging and

informative experience. Students interested in similar career exploration opportunities are encouraged to speak with Mrs. Knapp in the WEX office.



Seycove Snapshots



Grade 9 Engineers have been working on trebuchets this term. Everyone went outside to test them out. The audience was pretty captivated in this snapshot - must have been an impressive launch!



It was a sea of pink at Seycove last week for Pink Shirt Day. Student Council's social media team went around asking students and staff "What does kindness mean to you?" We had some great answers and everyone agreed that kindness is always the best choice and can be easy to find at Seycove.



Seycove Seyhawks



Congratulations Grade 8 Boys Basketball Team!





Saturday, March 7

SEYCOVE FAMILY OF SCHOOLS

auction & dance

**AUCTION
OPEN!**

BID HERE

